

Healthy Times



City of Milwaukee Health Department

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Raquel M. Filmanowicz, Editor

Don't Let the Flu Get You!

An innovative approach to the 2007 flu season

by Jeanette Kowalik, MPH



Each fall the public is exposed to messages that promote influenza vaccination: Shoo the Flu (©Aurora VNA), Say Boo to the Flu (©Clorox), and Winterize Immunize

(MHD). This flu season MHD developed a new slogan to increase awareness of expanded recommendations—DON'T LET THE FLU GET YOU!—Go Get Your Flu Shot Today!

Some people think flu shots are only for older people and those with chronic disease (e.g., asthma), but since 2005, the CDC recommendations have included children ages 6-23 months. In 2006, the recommendations were expanded to children 6-59 months. We continue to emphasize that children 6-59 months should receive flu shots in conjunction with the new two dose requirement; children between 6 months to 8 years need two doses of flu vaccine if they have not been previously vaccinated against influenza at any time in the past. Focusing on childhood flu vaccination helps protect adults from the flu.

This year's kick off was October 2nd at the Betty Brinn Children's Museum in downtown Milwaukee. In the past, the event was held at the Clinton Rose Senior Center. Changing venues for the Influenza Kick Off helped us highlight the recommendations for children. Brainstorming for a new venue that would target young children and seniors began last year. The persistence of Immunization Program staff (**Ruth Gomez** and **Bill Rice**) and Betty Brinn's willingness to partner with the MHD for the Kick Off



Jeanette Kowalik, Michelle Kinnard, Rich Weidensee, Alicia Pacala, Mary Ann Kiepczynski and Bill Rice pose in front of the mobile billboard van during the flu campaign at Betty Brinn

contributed to the success of the event, resulting in Betty Brinn's receipt of a Mayoral Proclamation for collaboration. In addition, on November 15th MHD and Betty Brinn offered free flu shots to

continued on back page

MHD Partners with MPD on Security Assessments

by Anupa Gandhi



As part of its ongoing work for the Cities Readiness Initiative, the City of Milwaukee Health Department (MHD) has partnered with

the Milwaukee Police Department (MPD) to conduct physical security assessments for designated buildings in the city. These buildings comprised of health centers, a university, and Milwaukee Public Schools locations, are slated for use as mass clinic sites during a public health emergency that requires large-scale medication distribution. Currently, a total of 20 site assessments have been completed, meeting the MHD's initial goal for security planning in this phase of planning.

The assessment tool, based on research and best practices from similar programs nationwide, will also inform the development of a public health emergency addendum to the MPD's emergency operations plan. The MHD will integrate the information gathered into site-specific "operating guides" for each mass clinic including clinic flow processes and other logistical considerations.

The operating guides are not only a critical component of an effective mass clinic campaign, but the integration of MPD during planning will make for a coordinated response by both the MHD and regional partners.

Think Health. Act Now!

Dangers of Extremely Cold Weather

by Angie Hagy



Frostbite

Frostbite is an injury to the body that is caused by freezing. Frostbite causes a loss of feeling and color in affected areas. It most often affects the nose, ears, cheeks, chin, fingers, or toes. Frostbite can permanently damage the body, and severe cases can lead to amputation. The risk of frostbite is increased in people with reduced blood circulation and among people who are not dressed properly for extremely cold temperatures.

Hypothermia

When exposed to cold temperatures, your body begins to lose heat faster than it can be produced. Prolonged exposure to cold will eventually use up your body's stored energy. The result is

hypothermia, or abnormally low body temperature. Body temperature that is too low affects the brain, making the victim unable to think clearly or move well. This makes hypothermia particularly dangerous because a person may not know it is happening and won't be able to do anything about it. Hypothermia is most likely at very cold temperatures, but it can occur even at cool temperatures (above 40°F) if a person becomes chilled from rain, sweat, or submersion in cold water.

Carbon Monoxide

Every autumn and winter there are people who become ill and even die as a result of exposure to carbon monoxide. Carbon monoxide is a colorless, odorless gas produced by the burning of organic matter such as wood, oil, gasoline and natural gas.

To learn more about recognizing and treating frostbite and hypothermia go to the CDC webpage: http://emergency.cdc.gov/disasters/winter/guide.asp#health_emergencies

For more information about carbon monoxide go to the CDC webpage: <http://emergency.cdc.gov/disasters/carbonmonoxide.asp>

How to Prevent Carbon Monoxide Exposure:

- **Do** have your heating system, water heater and any other gas, oil, or coal burning appliances serviced by a qualified technician every year.
- **Do** install a battery-operated CO detector in your home and check or replace the battery when you change the time on your clocks each spring and fall. If the detector sounds leave your home immediately and call 911.
- **Do** seek prompt medical attention if you suspect CO poisoning and are feeling dizzy, light-headed, or nauseous.
- **Don't** use a generator, charcoal grill, camp stove, or other gasoline or charcoal-burning device inside your home, basement, or garage or near a window.
- **Don't** run a car or truck inside a garage attached to your house, even if you leave the door open.
- **Don't** burn anything in a stove or fireplace that isn't vented.
- **Don't** heat your house with a gas oven.

AIDS Walk Wisconsin

by Tracey Hagedorn



For the fifth consecutive year, the MHD's No Condom? No Way! Campaign (NCNW) was selected as a benefiting agency of the AIDS WALK Wisconsin. The Walk was held on September 29th at the Lakefront on a beautiful, sunny Saturday morning.

Once again, NCNW community partners, the Brew City Bruisers (Milwaukee's own Rollergirls), were recruited to help raise funds, table the pre-walk event and lead off the walk on their skates (117). Several Peer Health Advocates from UWM filled out the rest of the team roster.



NCNW distributed more than 4,000 condoms and safer sex educational materials to hundreds of teens during the pre-walk festivities. Each year, more Milwaukee teens are becoming involved with AIDS Walk WI. The event itself has become a fantastic opportunity to reach out to these youth.

NCNW is allowed to keep 70% of the funds collectively raised by our team, which was led this year by Health Project Coordinator Tracey Hagedorn. Last year, NCNW received a check for nearly \$4,000! Although the team totals are not in yet for this year, NCNW expects to receive another nice check!



Domestic Violence...What should I do?

by Tracy Monfre



Several weeks ago I was at my local sub shop picking up dinner for my family; behind the counter was a young lady with two black eyes. Not swollen shut or bloody... just a black and blue crescent shaped moon under each eye. As she packaged my order I had all kinds of thoughts: it's close to Halloween, maybe it's a costume (although the store was not decorated and she had on nothing else that would indicate that the black eyes were part of some type of costume) – should I say something? What should I say? Is this any of my business? The store was busy – how would I approach the young lady? What would her reaction be? All of these thoughts raced through my mind as she packaged up my order and I was on my way out the door.

On the drive home, all twenty-two blocks I thought, “Did I do the right thing? What could I have done differently? What should I do now? Is she safe? Is someone hurting her?” On that drive home I decided to call her once I got home and ask her if she was safe. I called; she was touched

that someone would call to check on her well-being. She mentioned that people had been asking her all day what happened, but no one had asked if she was safe. I told her who I was, and where I worked.

The young lady went on to explain that she hit her face against a countertop at home, which caused the black eyes. I did all I could. I asked, she assurance me that there was no problem. What more could I have done? The answer is nothing. I don't know this young lady's situation. Maybe she did hit her head on a countertop. Maybe she is involved in an abusive relationship that she felt she could not reveal to me.

There are many situations that present themselves in which I am not sure what to do: the mother out of control screaming at her child, the couple arguing in the parking lot....

Last year NBC Dateline did a special on the subject. The backdrop was a couple arguing in a park. The arguing became more and more heated, and violence was not out of the realm of possibility. People walked by, some stopped to stare, others phoned the police. Only a few stopped to ask the woman if she was okay. Most

of those who stopped were women, but several were men. Many of those who stopped and those who didn't stop agreed to be interviewed. They were asked why they behaved in the manner in which they did. Those who didn't stop said it wasn't their place to intervene; it was a personal matter between the couple. Those who stopped felt the exact opposite. So what's the correct answer? I don't know. Your personal safety must be paramount in any situation; you can not and should not put your personal safety on the line. In situations of domestic violence or suspected domestic violence all you can do is to offer your support, let that person know that you are there to help if they need you, and have community resources available should someone seek you out.

The MHD has the You Are Not Alone brochure available on the city website. You Are Not Alone is a brochure of community resources for victims of domestic violence and/or sexual assault. Resources for women, children and men are available.

If you are unsure of what to do or where to turn, please give me a call. I am sure we can figure something out.

Mexican Independence Day & Salsa Judging Contest



Front row: Alex Rodriguez, Cozby Martinez, Stephanie Ortiz. Back row: Diana Lopez, Norma Avila, Kandy Perez, Oscar Rincones.

Salsa judging: Bob Colla, Denise Anderson, and Alex Rodriguez.



Just for Fun

ANSWERS TO PREVIOUS PUZZLE
Find Names of 12 Women in History

D	C	S	A	I	P	M	C	E	A
I	X	U	S	A	V	B	E	N	N
A	Z	A	R	O	F	A	W	O	T
N	U	K	E	I	R	M	G	T	H
A	S	G	V	H	E	L	U	R	O
S	A	C	A	G	A	W	E	A	N
T	E	R	E	S	A	S	R	B	Y
L	T	Y	D	E	N	N	E	K	L
N	A	O	J	N	Z	W	I	E	B
L	C	B	S	Y	S	F	O	W	T

ANTHONY	DIANA	PARKS
BARTON	EARHART	ROSS
CURIE	JOAN	SACAGAWEA
DEAVER	KENNEDY	TERESA

Stop AIDS: Keep the Promise: World AIDS Day 2007

by William J. Borzon



On December 1st people locally and around the world came together to observe World AIDS Day with the single intent to raise awareness about HIV. The theme “Stop AIDS: Keep the Promise” is focused on the need for national governments and international policy makers to meet their commitments to fight AIDS.

Although progress has been made in the battle against the AIDS virus, more than 43 million people became infected with HIV in 2006. There were 9,000 people infected in Wisconsin, and half of those are here in Milwaukee. AIDS has claimed the lives of 25 million people, making it one of the most destructive epidemics in reported history.

World AIDS Day is a call for us to work together to help stop the spread and prevent the stigma and discrimination associated with HIV.



Milwaukee Initiates Well City Project

Milwaukee is one of only three communities selected by the Wellness Councils of America (WELCOA) to initiate a Well City project in 2007, and has 36 months to achieve the goal of having at least 20 percent of its workforce or 50,000 employees, working for designated Well Workplaces.

Well City USA is a national initiative of the Wellness Council of America, the country's premier resource for worksite wellness. Achieving Well City status requires that at least 20% of a community's workforce be employed by designated Well Workplaces. In January of 2007 Mayor Tom Barrett met with business leaders in Milwaukee to solicit their participation in this effort. Mayor Barrett has vowed, “Our commitment to being a Well City is a commitment to a healthier workforce and a strong regional economy.”

The Well City Milwaukee initiative has been made possible through the collaboration of:

- City of Milwaukee
- Greater Milwaukee Committee
- Metropolitan Milwaukee Association of Commerce

To date 38 companies have pledged their participation to be a part of achieving the Well City designation. It is Milwaukee's corporate sponsorship of Well City that will enable the sustainability of this initiative for the next three years. The following groups have provided financial support to this effort. The YMCA of Metropolitan Milwaukee has taken a leadership role in this endeavor. Other sponsors include:

- Aurora Health Care
- Children's Hospital and Health System
- Froedtert & Community Health
- Marshall & Ilsley Corporation
- WE Energies, through the Wisconsin Energy Corporation Foundation
- Wheaton Franciscan Healthcare

Within the City of Milwaukee, the largest employer in the city, each department has designated a representative to sit on the City's steering committee. Each department is to design their own wellness program that is to follow the WELCOA precepts for achieving a Well City designation. Teams within each department will determine what health and wellness priorities they wish to address. Within the MHD, much of the development work has been accomplished in terms of a mission statement. The team leaders are **Bob Schweitzer** and **Lisa Phillips**. Members of the MHD wellness committee are: **Lisa Acheson, Nancy Burns, Nancy Castro, Sarah Frank, Wanda Frazier, Yvonne Greer, Shaira Hanif, Donna Howe, Michelle Kinnard, Lisa Phillips, Shirley Senaya and Jennifer Zanin.**

This group meets on a regular basis and will be soliciting MHD input as to what you would like to see developed or implemented. A new survey to obtain your thoughts is in the works.



MHD Welcomes New PHPS Fellow



by *Barbra Beck*



MHD is fortunate to have a new Public Health Prevention Specialist (PHPS) Fellow working with us. **Lisa Ciazza** began a two-year placement at MHD on October 2 as a part of her 3-year CDC PHPS Fellowship.

Fellows spend the first year of their fellowship at the CDC working with public health professionals and receiving formal training. During years two and three of the fellowship, Fellows are placed in field assignments, typically state and local health agencies around the country.

Lisa is assigned to Maternal and Child Health for her first year at MHD, and will be working on a variety of projects, including: 1) reviewing and updating the department's Personal Periods of Risk (PPOR) analysis; 2) evaluating two home visiting programs; and 3) developing culturally appropriate sexual risk education materials for the Hmong community. Lisa's second year will involve special projects from other divisions within MHD.

Lisa has a BA in social work from Colorado State University, and a master's degree in social work from the University of Denver. Lisa already has experience working in state and county health departments as well as non-profit organizations.

If you haven't already done so, please take a few minutes and welcome Lisa to the health department. She is on the third floor of ZMB.

Domestic Violence Hospital Consortium

Mayor Barrett and Commissioner Baker joined representatives of the five major health systems in Milwaukee County and Carmen Pitre of the Task Force on Family Violence to announce the creation of the Milwaukee County Health Care Intimate Partner Violence Consortium. The partnership will support the continued development and implementation of screening and intervention for intimate partner violence across the participating health systems and will increase awareness of intimate partner violence as a leading public health issue.



Left to Right: Kenneth Munson (President & CEO of Children's Service Society), Clare Reardon (Froedtert Hospital Dir. Strategic Initiative & Prog. Dev.), Therese Pandl (Executive VP & Chief of Operations Officer Columbia-St. Mary's), Mayor Tom Barrett, Carmen Pitre (Exec. Dir. Task Force on Family Violence), Patty Allen (Dir. of Finance Wheaton Franciscan Health Care/St. Joseph), Commissioner of Health Bevan Baker, and Leonard Wilk (VP & Chief Adm. Officer Aurora Sinai Medical Center)

Taking Home the Turkey



Winners of the Health Department Immunization Program's Turkey Giveaway at Southside Health Center in November.

Official Launch of the Milwaukee Nurse-Family Partnership Program

by Mary Jo Gerlach



PHNs Mary Walker, Legenda Gooding, Polly Belcher, LaRuthiea Jones; Thomas Jenkins-CEO of Nurse-Family Partnership, Commissioner Bevan Baker, PHN Rita Kittoe, PHN Supv Mary Jo Gerlach, and Erika Bantz from NFP National Service Office.

Milwaukee Nurse-Family Partnership Program had its Official Launch on October 8th. The luncheon event held at Heart Love Place was attended by about 60 people from various community agencies, State Division of Public Health elected officials or their representatives, and representatives of the program funders, Columbia St. Mary's and UW Health Partnership

Program. Thomas R. Jenkins, Junior President and CEO of the Nurse-Family Partnership (NFP) National Service Office came from Denver for the event along with the NFP Midwest Regional Program Developer, Erika Bantz. Erika gave the attendees an overview of NFP including the development, ongoing research of the model, and the outcomes for the families as a result of the intensive home visits provided by nurses.

After the luncheon, Mayor Barrett and **Commissioner Baker** held a press conference to announce that Milwaukee is the first NFP site in Wisconsin, and to discuss what this program will mean for Milwaukee. Providing their support were Tom Jenkins from NFP and Dr. Rachel Schiffman, Associate Dean of the UWM College of Nursing. Mayor Barrett proclaimed October 8, 2007 as Nurse-Family Partnership Day in the City of Milwaukee. Senator Russ Feingold sent

a Certificate of Special Recognition to the program. Unfortunately, due to other priorities, very little immediate media attention was given to the program, but several small articles have been published in local papers and WUWM, a National Public Radio affiliate, will be doing a story on the program.

The Nurses in Milwaukee NFP will provide intensive home visits to low income, first time pregnant women beginning before their 28th week of gestation until the child is 2 years old. This evidenced-based model focuses on improving the health, well-being and self-sufficiency of these families. Research of the NFP model has shown improved birth outcomes and improved long-term health in the children of at-risk mothers. Measurable outcomes have been decreased rates of smoking, drinking and other drug use during pregnancy; decreased rates of preterm and low birth weight deliveries; longer intervals between subsequent births; and decreased rates of childhood injuries.

Beautiful Baby Blankets Abound

SSHC employees held a baby shower for **Kristen Kroll** and **Susan Picione** on September 12th. Both moms-to-be were given a "community baby afghan" for which staff members knit, crocheted or donated materials for squares. Pictured here are many of the SSHC staff that worked on the community gifts for Kristen Kroll and Susan Picione.



Lydia Madrigal, Thanh-Son Pham, Margot Manassa, Susan Picione, Theresa Remsik-Traczek, Leah Jepson, Kristin Kroll, and Edith Rowe. Look closely at the center column of the blanket and you can see baby Jack's name.

Thanh-Son Pham, Theresa Remsik-Traczek, Susan Picione, Margot Manassa, Leah Jepson, Kristin Kroll, Lydia Madrigal, Edith Rowe

City of Milwaukee Health Department Breathes Life into Fight Against Asthma

Richard Gaeta



On Sunday, October 7th the American Lung Association sponsored a 3.1 mile walk at the Metro Zoo to fight asthma. The venue included free parking, zoo entry, refreshments and entertainment. There were seventy-six teams that raised nearly \$85,000 toward a citywide goal of \$100,000.

The Milwaukee walk was one of a hundred such walks nationwide to raise awareness and funds for asthma research. In the United States, nearly four thousand people die each year due to asthma. It is the third leading cause of hospitalizations for children under fifteen years of age, resulting in 13 million missed school days each year.

I volunteered to captain a Health Department team to educate and motivate human resources. I discovered the widespread prevalence of this respiratory illness by asking friends and coworkers to recount their stories with the illness. Three weeks prior to the event, I met with the Wellness Committee and Home Environmental Health Division for support. I kept staff informed of our progress with electronic communications.

The venue's success occurred within the same timeframe as other competing walks for research and cures: AIDS, breast cancer and Parkinson's disease. The team banner, Breathe Life into the Fight against Asthma, became a reality at the Asthma Walk. The Milwaukee Health Department walking team (22 adults and 10 children!!) raised \$1,410.50 – nearly triple its goal for walkers and donations.

The theme of the walk was, "Blow the Whistle on Asthma." Scores of whistles were distributed to participating children. The orangutans took cover as the kids started testing their gift whistles. Like any plaything that loses its thrill, thirty minutes after the kick-off,



The MHD Asthma Walking Team

the whistle shrills stopped and the noise-sensitive and skittish animals came out of hiding.

The unseasonably warm weather and vibrant foliage added to the excitement of the day. After spending three hours with diverse and endangered species, **Yvette Rowe**, **Ali Reed**, and their children returned to the Pavilion where the walk began.

Caroline and Ruby Rowe, both asthmatics, enjoyed the day without incident. The group was listening to the raffle ticket winner announcements when Yvette said with relief, "you can't have an asthma attack on a slow walk like this." Ali said, "This is the slowest three miles I have ever done."

Our combined team mileage: 99 miles! The Martinez family raised the bar on wellness by repeating the walk and spending more time with the family favorites, the monkeys and giraffes. **Cozby Martinez** said, "We were all so tired when we came home. We stayed at the zoo till 4:30 PM."

Tanya Roeglin and **Kandy Perez** took in the zoo's splendor with the zoo's train excursion. Tanya Roeglin said, "We had so much fun! We should get our own shirts next year so we can be as cool as those other teams."

MAPP Update

by Amanda Schultz



The City of Milwaukee Health Department (MHD) is in the midst of facilitating a multi-faceted, citywide community health assessment. Every

five years Wisconsin's health departments are required to complete a health assessment; however the manner in which they do so is up to the department. The MHD has chosen to take a progressive view of health, working to unearth the root of health outcomes in the city. The model being used is NACCHO's Mobilizing for Action through Planning and Partnership (MAPP). This model was chosen because of its focus on community collaboration and translation of research to action. Since its first meeting this past June 22nd, a steering committee of over 20 community organizations has begun work on three of the four community assessments that compose the MAPP process.

One of the steering committee's largest accomplishments to date is its finalization of a vision statement for the community health assessment. This vision was created to serve as not only a guide for the MAPP process, but as a testament of the city's commitment to the health and well-being of its residents. The shared vision of Milwaukee's public health partners is: Milwaukee is a healthy, hopeful, and empowered community.

We value...

- Affordable and accessible quality healthcare for all
- The elimination of disparities
- Communication with the community, the media and other resources
- Educated and empowered families and youth
- Safe and welcoming neighborhoods
- Fostering the link between economic well-being and health
- The continual improvement and measurement of needs of all individuals in the city of Milwaukee
- Clear accountabilities

- Embracing evidence-based best practices and innovations
- Collaborative partnerships with businesses, health services, and the community in maintaining the health of Milwaukee

It is the hope of the steering committee that this vision is adopted and embraced by Milwaukee community organizations when considering their role in the well-being of their constituents.

Since August, steering committee members have broken into two additional subcommittees in order to complete a Community Health Status assessment and a Community Strengths and Themes assessment. The Health Status assessment is working with community partners to collect and categorize epidemiological data on health determinants for city residents. The Strengths and Themes assessment is using qualitative measures to capture resident perceptions of quality of life and health issues most important to them, as well as taking stock of assets throughout the city. The subcommittee has most recently begun collaborating with UWM nursing students to conduct key informant interviews. All of this information will be combined early next year to create a comprehensive and rich portrait of health for the City of Milwaukee residents.

The steering committee has also begun an assessment of the forces of change which influence the City of Milwaukee's ability to create healthy environments. Together, these assessments will lay the foundation for the creation of a city-wide health action plan. The steering committee will work together to form a set of priority areas to be immediately addressed. The goal of the MAPP process is not only to assess the health of the city, but to create an opportunity for inter-organization collaboration that will ultimately be used to improve the health of Milwaukee residents. For more information and updated progress on the MAPP process, please visit the Health Department's website: <http://www.city.milwaukee.gov/MAPPCo mmunityHealthA23210.htm>.

Food Safety Reminder

by Julie Hults



Q: We cook all year round. Why do we suddenly need instructions when holidays or special events occur?

A: When we host gatherings of family and friends, we're preparing food in much larger volumes than usual. We crowd our refrigerators and start cooking and chopping a day or two before the big event. Long intervals between preparation, serving and re-serving of leftovers increase the risk of foodborne illness.

Q: What's wrong with a crowded refrigerator, and a kitchen where loved ones are working at every counter?

A: When the fridge is stuffed, air circulation is reduced. Warm foods retain their heat, and the heat that leaves them raises the cooler temperature. So there's a greater chance your foods are not at safe temperatures. Cross contamination is a greater danger when you're stuffing a turkey inches away from a loved one preparing salads and appetizers that won't get cooked.

If you're a little worried, there's help! Consumer Environmental Health has a wonderful booklet called "Cooking For Groups" in English and Spanish. There's a web portal, www.foodsafety.gov that links to hundreds of food safety sites and has up-to-the-minute information about recalls. You can also ask an inspector!





Community Collaboration

Sara Schubert Mishefske sends kudos to **Jeff Propp** who received a big “Thank You” from Fire Captain Orlando C. Rice, for all of his efforts to support their community outreach Back-to-School events this fall.

Effective Communication

Kudos to **Paul Biedrzycki** from Erica Canzler (EPA Office of Emergency Management) for speaking at the BioWatch National Conference in August and helping to make the First Responder sessions successful.



Angie Hagy

Kudos to **Angie Hagy** and the Immunization program staff (**Ruth Gomez, Linda Wabanimkee, Michelle Kinnard, Rich Weidensee, Mary Ann Kiepczynski, Bill Rice, Alicia Pacala** and **Jeanette**

Kowalik) for a successful Immunization Symposium on Sept 12th at the Italian Community Center (250 attendees!) and for their successful Flu Campaign kick-off on October 2nd at Betty Brinn.

Quality

Kudos to **Linda Schubert-Ross** from Chief Compliance Officer Ali Reed for preparing and disseminating the timely Grant Expenditure reports for the third quarter. These reports are detailed and very time consuming, but so important – thank you!

Kudos from Dr. Vivian Chen to **Nick Popowycz** in IT for working off hours to patch our server. Not only do we now have a faster and more stable server, the off time he put in enabled the rest of us to work without interruption during the day.

Scientific & Technical Excellence

Kudos to **Barbara Loguercio**, WIC Dietetic Technician, for passing the Certified Lactation Counselor (CLC) program and **Becky Litwaitis**, WIC Nutritionist, for completing the Certificate of Training in Childhood and Adolescent Weight Management.

Sara Schubert Mishefske would like to acknowledge **Richard Gaeta** for completing his Certificate in Public Administration from the UW–Milwaukee School of Continuing Education on October 31st.

Serving the Public

Kudos from Mary Jo Gerlach, RN to **Polly Belcher**, PHN at SSHC Nurse Family Partnership, who had a story published in the booklet “Celebrating the Spirit and Soul of Public Health Nursing: A Collection of Stories, Poems, and Anecdotes About the Daily Life of Public Health Nurses in Wisconsin.” Her story “Tickle Me ECMO” was about her work with an African refugee couple, supporting them through the birth of their first child, who had severe complications during the birthing process. The child required the use of life support through a complicated process called “Extra Corporeal Membrane Oxygenation (ECMO).” Assisting the family with resources and support during this process helped this family through a very difficult time, and resulted in a healthy outcome. Congratulations and a heartfelt thank you to Polly for her passionate and compassionate work as a PHN and on having this story published.

THANK YOU

A very big thank you from Kristina White, RN to staff who worked a Saturday to provide blood lead tests for MPS Head Start children at Walker’s Point: **Norma Avila, Tiffany Barta, Alva Goldberg, Naomi Jenkins, Cynthia Birts and Cozby Martinez**. “You did an awesome job! Everything went very smoothly and you performed 106 fingersticks and hematocrits!!! That is amazing! Thank you all for working so hard and giving such excellent service to Milwaukee’s children. It is a privilege to work with all of you.”

Raquel Filmanowicz wishes to thank all of the **ZMB OAs** who willingly adjusted their schedules in order to keep our front desk staffed during the holidays. “I am so grateful for the cooperation and flexibility everyone showed during this time when many people were on vacation – thanks so much!”

Visionary Leadership

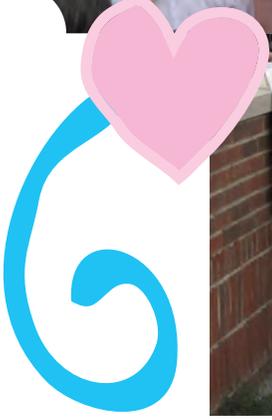
Kudos to **Paul Biedrzycki**, MPH, MBA who was recognized by Patrick M. Libbey, Executive Director of the National Association of County and City Officials for submitting our program to the National Association of County and City Health Officials’ (NACCHO) Model Practice initiative. Rethinking Beach Water Quality Monitoring Practices by Local Public Health Agencies has been selected as a promising practice (exhibits the potential of becoming a model practice).

Kudos from Paul Biedrzycki to **Angie Hagy, Jeff Hussinger** and **Mat Wolters** for their level of participation and insight regarding recent visits by Department of Public Health and Centers for Disease Control contractors. Clearly, the MHD is “ahead of the curve” as a LPHA in conducting and utilizing biosurveillance data and related systems. This is a DIRECT result of your competence and hard work in this arena. This visit reflected very favorably on the MHD and our commitment to improved, cost-effective and functional preparedness and response.

World Breastfeeding Week Celebration Walk

by Becky Litwaitis

The MHD WIC Program worked with the Milwaukee County Breastfeeding Coalition to plan the August 4th event, “The Walk to Save a Million Babies.”



The walk route started at the Sixteenth Street Health Center and ended at Aurora Sinai Hospital. **Dr. Vivian Chen** was the guest speaker. She spoke about her breastfeeding experience and the importance of supporting breastfeeding in our community. About 75 walkers came to show their support. WIC walkers included **Nancy Castro, Barbara Loguercio, Mentha' Menirah Bakari, and Becky Litwaitis.** All walkers wore T-shirts printed with the message, “How Do You Save A Million Babies? Breast-feed!” Next year’s walk will be August 2, 2008—plan on joining us!



Student Nutrition Wellness Walk and Rally: Bodies in Motion

by Jessica Walls, Dietetic Intern, and Yvonne D. Greer, Nutritionist Coordinator, ACHP



Yvonne Greer

Last fall, kids and parents from MPS schools had a chance to “move their bodies” at the 1st Annual Student Nutrition & Wellness Walk & Rally: Bodies in Motion event. The event was held on October 19th at the Milwaukee Art Museum Calatrava and Lakeshore State Park. It included an Active Apple mascot, a box lunch, 1.5 mile health walk, exhibitors, and a scavenger hunt through the Art Museum with health “goody

bags” sponsored by our own Milwaukee Health Department (MHD) Adolescent Community Health and Tobacco Prevention Programs.

Dr. Vivian Chen, MHD Health Operations Director, assisted in the welcome address by reading a Mayoral Proclamation for “Student Nutrition and Wellness Day” in honor of the event. U.S. Rep. Ron Kind (D-WI), who supports making physical fitness standards part of the No Child Left Behind law, gave a brief address and participated in the walk. The rally helped to kick off the MPS district-wide Student Nutrition and Wellness Policy.

The Wellness Policy was approved in June of 2006. It promotes more nutrition education, physical activity programs, and the creation of health and wellness teams in MPS schools. The policy states that MPS schools will also have to fill out a Student Nutrition and Wellness Assessment Tool. This tool helps each school to develop an

“Action Plan” to make their school healthier. The tool can be found on the Wellness and Prevention Office web site (<http://www.wellnessandpreventionoffice.org/>).

The new Student Nutrition & Wellness workgroup held the rally to make people more aware of the Wellness Policy. The workgroup is made up of MPS staff with an interest in health and wellness, the City of Milwaukee Health Department’s Adolescent and Community Health Program (represented by Nutritionist Coordinator **Yvonne Greer**), and other interested stakeholders. The goal for the rally was to lend support to school-based health and wellness teams and get schools to fill out the online Wellness Tool. It showed local youth and schools just how much fun food and fitness can be. Judging by the turnout on the 19th, (850 participants) it’s safe to say that they passed their goals by a hop, skip, and a jump!

Congratulations go out to **Ellen Simandl**, PHN, **Janet Woolfolk**, PHN, **Lisa Case**, PHN, **Nia Hardison**, OA II, **Tracey Hagedorn**, Project Coordinator - No Condom, No Way, **Jessica Walls**, Dietetic Intern, **Linda Wallace**, Dietetic Technician student, **Yvonne Greer**, Nutritionist Coordinator, and **Lisa Phillips**, Tobacco Prevention Program Coordinator for their efforts in making this event a success!

PERSONNEL • LY SPEAKING

• New Hires

Maricela Cortes, Clinic Asst	NWHC-WIC
Debra Howard, OA I	ZMB-Vital Stats
Ericka Sinclair, CD Prog Supv	KCH-STD
Deborah Taylor, OA IV	ZMB-Adm
Anne Weske, PHN	ZMB-DCP

• Reinstatements

Robert Chalhoub, PHN	ZMB-Lead
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• Transfers In & Within MHD

Polly Belcher, PHN, from Team Nrsg to NFP	SSHC
Robyn Hicks, PHN from MPS	SSHC
Jacqueline Johnson, from MPS	SSHC-HFS
Therese Perry, from Intergov Rel	ZMB-Viol Prev
Ron LaPorte, Prog Asst I from Lead to Lab	ZMB-Lab

• Promotions

Mark Malin, from EHS II to Env Spec Sup	ZMB-CEH
Oscar Rincones, from OA I to OA III	ZMB-Adm

• Transfers Out

Lindor Schmidt, Lead Risk Assr	to DNS
Cosby Martinez, OA III Lead	to MPS

• Resignations

William Blomenkamp, PHN	KHC-DCP
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• Retirements

Joyce Evans, PHN	SSHC
Esperanza Garcia-Mendez, PHN	MCH-HFS
Brett Kemnitz, Inventory Control Asst II	NWHC-Central Supply
Richard Linnemeier, Env Spec Supv	ZMB-CEH

Key to Abbreviations

ADMIN Administration	HEH Home Environmental Health
B&G Buildings & Grounds	ICHC Isaac Coggs Community Health Center
CEH Consumer Environmental Health	ITS Information Technology Systems
CLPPP Childhood Lead Poisoning Prevention Prog	KHC Keenan Health Center
DCD Dept. of City Development	MHD City of Milwaukee Health Department
DCP Disease Control & Prevention	NWHC Northwest Health Center
DNS Dept. of Neighborhood Services	OA Office Assistant
EHS Environmental Health Specialist	PHA Public Health Aide
F&CHS Family & Community Health Services	PHN Public Health Nurse
F&M Foods and Measures	SSHC Southside Health Center
H&V Heating and Ventilating	TBCC Tuberculosis Control Clinic
HBHA Healthy Behaviors & Healthcare Access	ZMB Zeidler Municipal Building

Just for Fun

Find 12 words associated with Feb. 14th.

V O I N K D K E N E
 U A D O G E R I T O
 D R L Y T R O A S H
 R S R E W O L F E S
 A C K O N O M Y G I
 C M R R C T C O T H
 O R L O V E I S R U
 A P H A N Y D N A C
 R C U P I D D Y E O
 M E C N A M O R H S

(Answers will be in the next issue of Healthy Times)

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children 6 months to 18 years of age (and adults for a fee) at Betty Brinn's, Wauwatosa Savings Bank & FOX 6's Neighborhood Night.

In conjunction with the Influenza Kick Off, the Aurora Visiting Nurse Association of Wisconsin provided flu vaccinations at Betty Brinn for children and adults. The highlight of the event was watching Mayor Barrett, Common Council President Willie Hines and Health Commissioner **Bevan Baker** as they received their flu shots! Considering that there was a large media turnout, it was important that these high ranking officials demonstrated the importance of obtaining seasonal flu vaccinations. So, Don't Let the

Flu Get You!—visit your healthcare provider or one of the many walk-in flu clinics in the City of Milwaukee.

Call the MHD Flu Info Line at 414-286-3616 or visit www.milwaukee.gov/health for flu clinic information. It's not too late!



Tom Barrett, Mayor
 Bevan K. Baker,
 Commissioner of Health
www.milwaukee.gov/health

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